

# *Are You Emotionally Intelligent?*

*Family Advocacy Lunch Hour Learning Seminar*

**Wednesday, 22 March 2006**

**1145-1245**

**Community Support Center, Building 1520  
Classroom 4**



EQ stands for “Emotional Intelligence Quotient.” Your “EQ” can be more important than IQ in predicting success in most important areas of life. In this class, you will learn about the three components of EQ and how to assess these factors in yourself and others. Discover ways to boost your own EQ and nurture high EQ in your children. Learn how to use EQ principles to dramatically increase harmony in your relationships with partners, family, friends, and co-workers.



**Free and open to the entire community  
PRE-REGISTRATION IS REQUIRED**

*For more information, call*  
**301-619-7171**

[www.detrick.army.mil/wellbeing](http://www.detrick.army.mil/wellbeing)

